

HAWC TALK

St. Patrick’s Day:

*Eat something green—
avoid being pinched*

BY TRISHA JOST
Health and Wellness Center

Ouch! Being pinched because you forgot to wear green is never fun! St. Patrick’s Day will have many of us looking like warriors, proudly displaying our green armor in hopes of being immune from the dreadful pinch ogre.

While wearing green may prevent a bugger from pinching you on the outside, it won’t stop the bacterial bugs from attacking and destroying your immune system on the inside.

Health professionals hypothesize that aging and disease are a direct consequence of free radicals. As we age, these highly reactive molecules are released into our systems where they destroy tissue.

Fortunately the body has a network of defenses against free radicals called anti-oxidants. While the body is able to produce some on its own, the body derives many more from certain foods we eat. Vegetables with dark, vivid colors and all fruits are highest in antioxidants.

The bright color signals that these are treasure chests of protection and triggers for releasing energy and raising immunities. If you desire to get well, stay well, and live a life filled with energy, you must expose your body to food filled with warriors ready to attack the enemy and stabilize the body.

Finding it hard to fit bright foods into your diet? Start by taking baby steps with the green power foods. Increase the amount of these green foods in your diet to take advantage of the antioxidant fighting power:

- green leaf lettuce
- romaine lettuce
- spinach
- green bell peppers
- broccoli
- peas
- green chili peppers
- green tea
- avocados
- brussels sprouts
- alfalfa sprouts
- lima beans
- kale

Still needing more ideas? Try this recipe on for size. I bet the color will look great on you, and I guarantee it will keep the ‘pinch monsters’ away.

SIMPLY SPINACH SALAD

- 4 cups raw spinach leaves*
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped walnuts
- 1/8 cup red onion, finely sliced

Vinaigrette Dressing

- 1/8 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 1 clove fresh garlic, minced
- 1 tsp sugar
- salt and freshly ground pepper to taste

Mix spinach (*bagged spinach leaves may be used), cheese, walnuts, and onion in bowl. Wisk dressing ingredients together and pour onto salad mixture. Serve chilled. Serves 4.

